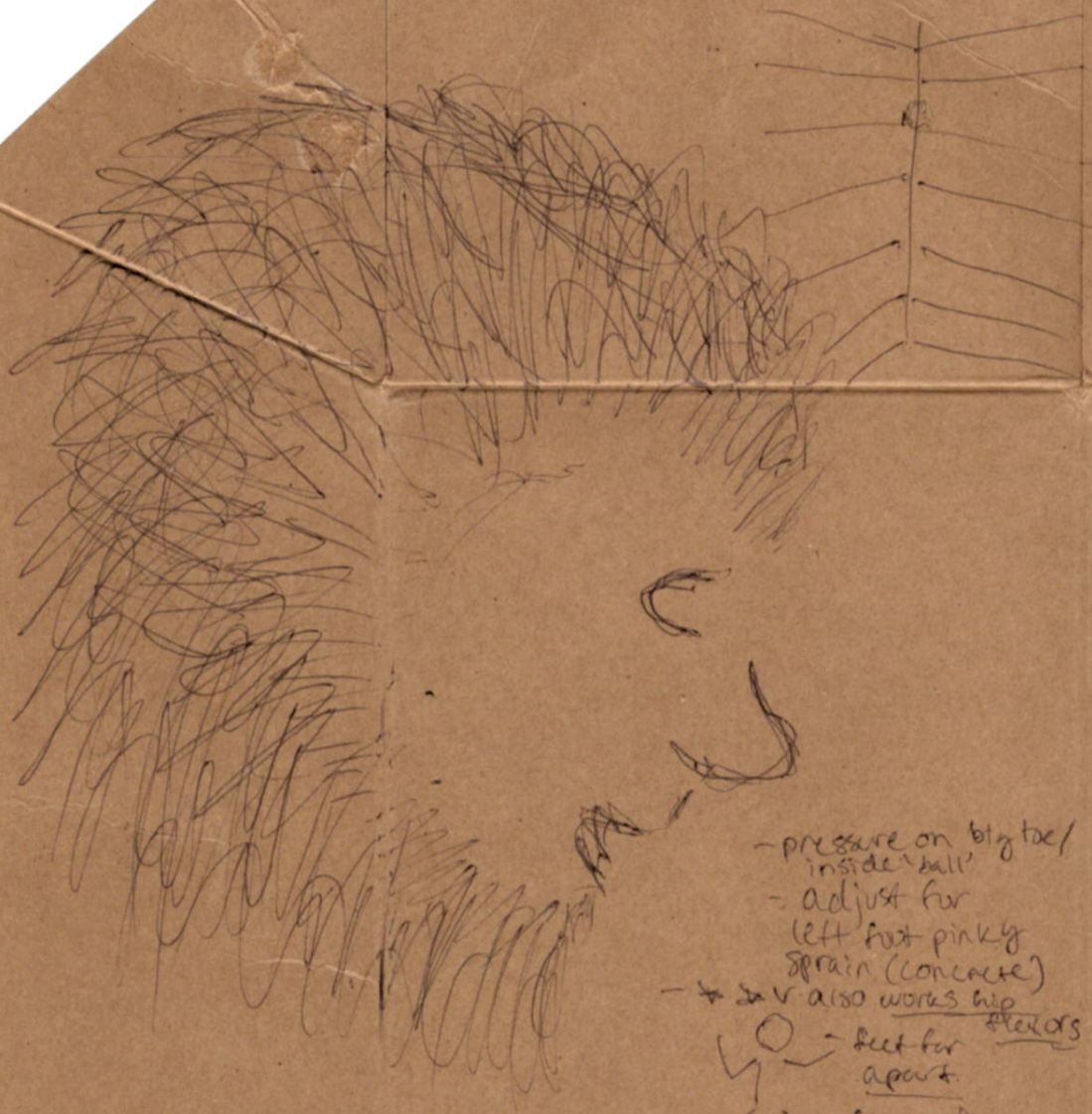

Thinking of hurting yourself as if no one's keeping an eye on you? Teach cause 24/7 lights smaller room and a fucking cane really helps.

Talk therapy w/ out DRUGS.

re-establishing/ healing the trust/ heart

My/our condition reliant on honest conversation w/ out which voices give/ me/them judgements in attempt to understand when silenced.

- pressure on big toe/ inside ball
- adjust for left foot pinky sprain (concrete)
- also works hip flexors
- feet far apart
- centering
- left, right, left
- pelvis forward centering stretch
- stabilizing balance
- running breath & left right body switch ✓
- escaping mental/ constrictions balancing bodies

Strengthening the spine
increase bloodflow & breath space

Pull head spine heart up

slower
from to straight
sway

lead w/ heart
attached to stay increase space to breathe

pelvis forward tires
sway back/strain

8/5-6 dreams
- driving around w/ mom, people laugh @ me for no reason
- tense contact
- bound groaning - kissed her on cheek twice second time

Thus Caught me Rubbed me Put me in a Cage - Sa Stage to be afraid insights flaming/fiery Rage}

old song & comes True

then during bus ride w/ 'buddies'